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A KEY TO HEALTH

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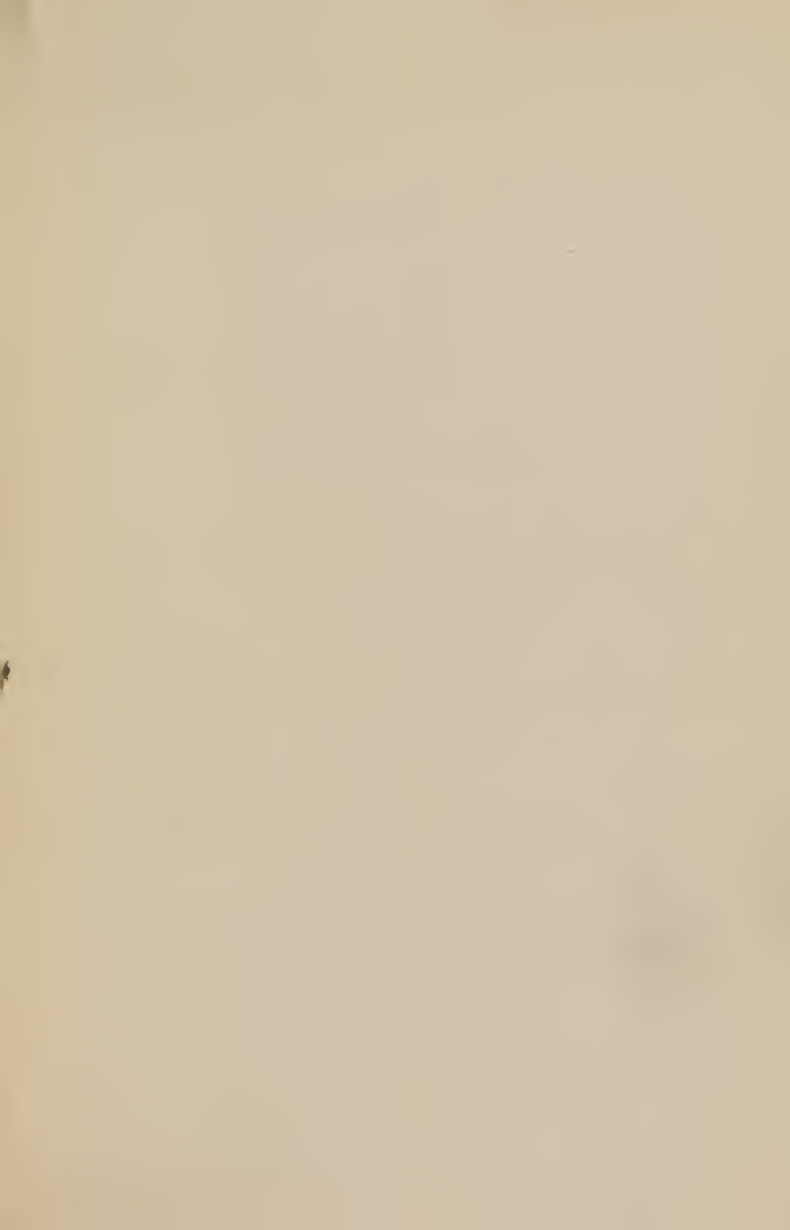
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A KEY TO HEALTH.

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THE SECOND EDITION.

Another edition having been desired, I have revised the work, and altered and enlarged some of the chapters. The many personal references which appeared in the first edition have been omitted with the belief that the work will thereby appeal more directly and sincerely to the chronic sufferer from disease, to whom the book is conscientiously dedicated.

A. G. HINCKLEY, M. D.,
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A KEY TO HEALTH.

This book is offered to the public after years of careful study and wide experience in the treatment of chronic diseases. Grateful acknowledgment of my restoration to health, under this treatment, has led me to study deeply into the causes of diseased conditions where alone the true knowledge of how to prevent as well as how to cure diseases is found. From this study the desire to help others is learned, and here is born that spirit of Brotherhood which "makes the whole world kin," and makes life a joy in thus being able to help Humanity back from the agony of physical pain and death to the paths of strength and peace, for only in a healthy body is found the perfect equilibrium that makes man a fitting instrument for the Master's work. The truths which are given here are but repetitions of what has been found by experience to be true. I only pass the good along in the hope that it may benefit others. In the many years of practice and work along these lines the claims herein made have been well verified, when followed wisely. To those in the profession who so often meet with great discouragement, if not absolute failure, and who are able to give little more than temporary relief in

chronic diseases, I would suggest a thorough study and a careful trial of this treatment. A knowledge of the causes of this class of disease, scientifically gained through investigation and repeated experiments, together with a wise individualizing of cases, must prove of great value. A true physician is one who, gathering knowledge from all sources and theories, as well as from personal experience, is alchemist enough to transmute this knowledge into common-sense treatment for the patient's benefit. It appears to be a self-evident truth which we sooner or later recognize, no matter to what school of medicine we belong, that drugs are not cure-alls, but only very valuable auxiliaries in the hands of the skillful prescriber, and that only when combined with right living, perfect hygiene, and that mental attitude that does not divert the vital force needed for the perfect physiological functions of the body from its normal action, are their results magical. This method needs thorough understanding and clear discrimination, as well as much mental uplifting on the part of the physician, since old theories must be combated and we must teach the patient that he has to do his share of the work which before he relied upon his physician and drugs to do for him. He will gladly enter into hearty coöperation with his physician when shown the way, for as physical har-

mony is broken largely by our own acts, consciously or unconsciously, through a long period usually, the readjustment must arise from within, and then, when patient and physician work together in the spirit of mutual helpfulness, will health or harmony be again established and the average span of life lengthened.

CAUSES OF DISEASE.

The causes of disease remain largely a matter of conjecture because life and man are still mysteries. Many theories are advanced each with its germ of truth which time is fast arranging into real knowledge. Were we to regard life as a dynamic force, dwelling in the atoms composing the cells of vegetable and animal life, each cell having its electro-positive and its electro-negative aspect for perfect harmony or adjustment, we might understand better the so-called vital energy or nerve force, which is the great factor of organic life, and learning to supply the proper conditions to keep this wonderful mechanism perfectly adjusted, the perfect equilibrium or health of body would be maintained, because each cell is controlled by the fiery lives within. When the forces operating to supply the demand are impaired, the force that dwells within each cell no longer controls, and riot and disease occur. The second great factor of life is therefore alimentation.

The human organism being in a normal state when its appetites and desires are controlled, tends to healthy development, and the physiological performance of all its various functions ; for in health the physical and mental parts of the nervous system work together in

harmony without undue effort on the part of either, the vital energy keeping the system in harmonious working order by a correlated activity renewed and sustained by perfect alimentation. In fact, the electrical forces of the cells are balanced and they are then the builders and renewers of their vehicle, the body ; but let this harmony be broken and the electro-negative predominate, then riot and disease result. To keep up the vital force of the body we find healthy alimentation of vital importance, as meeting the supply demanded to engender this electrical force while the reverse is a primary cause of disease. The process of digestion separates the foods into nutritive and non-nutritive parts. The first is assimilated into the blood, the vehicle of life. The other is expelled as waste matter. Experiments go to prove that easy and healthy digestion depends upon the ingredients of food taken into the system being in such proportion as is best needed to furnish the most nourishment to the system with the least possible loss of undigested material and expenditure of nerve force. This means such food as contains those elements which enter into the composition of the body in the relative proportion to each other as is required to nourish the various tissues they compose. As the matter is of many and various constituents, it follows that any one kind of

food too long continued has a tendency to produce derangement in the system by defective assimilation, for the reason that this one kind of food overtaxes portions of the alimentary tract designed for digesting the particular kind of food and not giving proper nourishment to others. Soon these overtaxed organs lose tone and fail to secrete the fluids needed for perfect digestion. As a result, the blood becomes deteriorated, carrying less life force, and one by one the healthy processes of the body are disturbed, and derangement of the various organs and tissues supervene. Finally if not very soon, palpable disease is manifested.

The abnormal state produced by too exclusive feeding upon any one class of food, presents many peculiar phases, throwing much valuable light upon diseased conditions. That two currents of electrical force are always active in the body is by many accepted as a fact in nature. In medical parlance these might be called upward and downward peristalsis. When this harmony exists the physical or life currents pass from the head to the feet and the psychic or spiritual force upward, completing the circle. The former may comprehend that part of our economy which sustains the physical life : the upward peristalsis includes the psychico-magnetic current called the connecting link between spirit and matter. The complete

equipoise of these currents is needed to sustain the human organism. When either process is reversed, disease and death follow, for the vital or life force is wasted and lost. Here upward and downward action is greatly under our own control in the right selection of food supply to sustain this vital force, and in the cheerful inspirational character of our thoughts, even amid the active duties of a busy life.

If we will not learn Nature's Methods she crushes us in the reversion of her laws, and passes on, but if we examine and follow her processes, we become calm and strong, and like her, in our lives we receive and should manifest the divine.

Finding then that alimentation is one factor of life that should be under our control, let us note a few of its truths. We find that both by structure and function man's stomach is a meat-digesting organ, and that meat gives the proper stimulant to the digestive glands and follicles, whereby the gastric juices are thrown out normally. If too little meat is taken the stomach becomes filled with other material which it cannot digest and fermentation takes place, generating carbonic acid gas, causing flatulence and gradual expansion of the organ with a catarrhal condition that finally ends in a thickening of the mucous membrane of the entire alimentary tract. In these catarrhal conditions the

secretion of digestive fluid throughout the tract is impaired or absent and constipation and partial paralysis results. In some cases chronic diarrrhœa takes the place of constipation, and when this stage is reached we find shreds of mucus and the early diarrrhœas that lead on to consumption of the bowels, where occurs the phenomena of loss of memory and partial paralysis of the nerves and brain. If, however, the right proportion of food be taken, which is usually twice as much meats as vegetable food, the system continues its healthy action and these diseases are unknown, as evidenced by the American Indians, who in their native state subsist mainly upon game or meats. But since civilization has changed their manner of living we find them a prey to dyspepsia, consumption, and the whole list of diseases that prey upon their white brothers.

When food is taken in right portions it is thoroughly digested and assimilated. There is little or no flatulence, pain or weariness of brain or body, because there are no fermentating gases to prevent nature's harmonious working. The above symptoms are often felt long before actual disease attracts attention. We find the passive digestion has little or no distress from food taken, and the patient often disclaims any trouble of the stomach, but the danger is even greater from this

absence of distress to warn one of the insidious paralysis of nerve centres that should be active to throw out signals of danger and prevent the blood from becoming filled with these poisonous gases and disease germs.

In active dyspepsia the patient feels the distress at once, and if he is wise heeds Nature's warning and learns that his unnatural craving for rich and often unwholesome foods is due to abnormal conditions of living; he will then become master, instead of a slave to these cultivated tastes, and choose the straight path back to nature's healthful methods of using only such material for the work as is best fitted, with never an over-supply taken. Even lean meats will not digest at first in a diseased stomach, and often several weeks drinking of hot water is needed to wash out waste material and stimulate normal action. Then meat can be taken with less fermentative process than any other foods, and it gives more nutrition; is relished longer, and changes the poor blood to that rich in oxygen more quickly and completely than any other food.

It is necessary to take hot water long enough before meals to have it leave the stomach before food is taken, to avoid diluting the food, which time is from one to two hours before meals according to the digestive action, also an hour before retiring is necessary to leave

clean the digestive tract to promote sweet restful sleep. As a rule people drink too little fluid and the normal seventy per cent. of fluids in the body is not kept up. Ice water chills and makes an expenditure of too much body heat to restore the reduced temperature, and as it stops the process of digestion it should be avoided at meals. It never allays thirst as does the hot water, which not alone quenches thirst but acts to prevent chills, colds and influenza. Do not overdo this by taking too large quantities; only enough should be taken to keep the urine clear, appetite good and the normal peristaltic action perfect, which amount is usually two goblets full four times a day at the temperature one naturally takes tea or coffee. When diseased conditions yield to this treatment, guard carefully the return to a mixed diet, avoid all that seems to disagree, and do not pass too quickly on to other diets; wise precaution is as necessary here as that which a judicious mother should take in feeding her child after its diet of milk, and this should prove just as simple and natural.

CONSUMPTION.

That some organisms have a more marked tendency to develop this disease than others is a well-known fact, as is also a well observed rule that persons in vigorous health rarely suffer from tuberculosis. The vitality must be lowered until the constitution is much weakened before this dread disease can find an abiding place. Consumption is not a hereditary disease, for the germ is not acquired that way. But it is a condition brought on by the long continued breaking of nature's laws by not observing that the food taken lacked the nutritive qualities needed for the sustenance of the body. As this malassimilation may have been going on for years, we hold the primary cause of consumption can largely be found in the kind of foods indulged in by the patient. Thus persons living upon a farinaceous or saccharine diet with little exercise, are liable to have consumption of the bowels or chronic diarrhœa, which may precede the pulmonary phthisis. In cases where only a small amount of meat is added to this proportion of food, consumption of the lung has precedence. Healthy digestion can only be maintained when the right proportion of food, containing the true amount of nutritive element is used.

For when an undue amount of vegetable food is constantly taken, the surplus, being only partly digested, becomes fermented and generates carbonic acid and yeast, yielding spores of vegetation, which when not eliminated from the system cause tuberculosis. In a healthy state the follicles and villi of the stomach and bowels possess the power of selecting from the food only such factors as go toward building up normal blood tissue ; when fermentative changes take place producing carbonic acid gas and aceti mycoderma, more or less paralysis of these cells occur whereby they lose their selective power, and a thick tenacious mucus is thrown off, and the normal secretions are diminished or entirely absent, affording a rich soil for the development of germs.

The first stage of consumption is marked by the rapid development of these spores producing conditions often diagnosed as vegetable dyspepsia. The second stage occurs when these masses of spores find their way into the blood stream, forming masses too large to pass through the minute capillaries, and are thus deposited in the spongy lung tissue which here serves as a filter for these products and fibrin clots, which else might be carried to the brain as emboli. This stage being the third, or the stage of tubercular deposits. The last stage soon follows, and is one of grad-

ual interstitial death and disintegration of both cell and fibrous tissue of the lungs. Here the phenomena of chills, fever, night sweats, coughs and hæmorrhage show that the patient is dying, the waste going on faster than the life forces can be renewed, and death soon comes to relieve the sufferer.

That consumption can be cured if proper means are taken for its treatment is now an established fact. It should no longer be regarded as fatal, which thought alone so often preys upon the patient's mind to such a degree as to hasten the course of the disease by its morbid action on the already weakened and negative state of the whole system.

TREATMENT OF CONSUMPTION.

Experience proves there is apparently little value or real reliance to be placed on medicinal agents except those which tend to promote healthy digestion and better assimilation ; that the tone of the general system be kept to its highest, the better to resist the inroads of this wasting disease. Great results have been gained and almost magical cures have resulted by removing from the patient all kinds of food that ferment. This has been proven to be a strictly lean meat diet. The deteriorated blood undergoes wonderful changes, that result from no other treatment. The yeast deposits disappear, and the increase in red corpuscles is very great. As these corpuscles are the transmitting medium of vital or life forces it follows that a renovating process takes place within the body and a gradual return to health takes the place of disintegration and death.

To prepare the system for such a change as a strictly meat diet, it is found necessary to give the stomach a cleansing process, by the simplest and most natural way of drinking water enough to effect it, regular intervals being best. This process not only washes out the fermented or fermentable products left in the

stomach from former meals, but it at the same time maintains the normal seventy per cent. of fluids, to hold the inorganic substances in solution. Cold water taken in large quantities requires too much waste of body fuel, so warm water at a temperature high enough to prevent nausea is required for this. One pint of hot water taken one hour or longer before meals and before retiring gives time to pass from the stomach, leaving it free from waste materials, and ready for the next supply of food, which should consist of well broiled beefsteak, neither too rare nor too dried out ; or well broiled lamb chops free from fats before broiling, with one cup of clear tea or coffee with each meal ; the whites of two eggs lightly poached complete this simple diet. For the first two weeks a small piece of bread dried in the oven and then toasted can be taken morning and noon, but not at night. The third week omit the toast for breakfast, and at the end of the first month the appetite should be so well established for meat that all bread food can be left off easily, until a perceptible gain in health is made, which will be shown in symptoms of less fever ; lessened cough ; freedom from pain and restlessness, and a good appetite that calls for a half to a pound of beefsteak at a meal if properly digested. If not well digested always remember less is required. And this, if well as-

simulated, will give more strength than the larger amount.

There will be a loss of flesh and an apparent loss of strength (for the first months) which has not been real, but which was due to the stimuli of alcohol from fermentation so long taking place in the system, which like any other stimulant, gives a false strength for a time. While this weak state is often a cause of great anxiety, do not feel discouraged, but take care not to allow this weakness to become too great. If this seems to be in danger of occurrence it is wiser to resume a very little toast morning and noon for a day or two, for while the cure is less rapid, it is better not to let the patient reach a point where collapse might easily occur. This never happens if enough water is taken as directed to keep the stomach clean and in a state to crave, digest and assimilate the meat.

To vary and add variety in cases where it is permissible, a little broiled chicken or broiled squab, a few oysters broiled, or sweetbread may be given once or twice a week, care being taken to watch results. Where it is possible to get pure milk warm with the animal heat a small wineglassful may be taken half way between meals and before retiring (one-half hour after the hot water has been taken at night), drinking

slowly, the better to aid digestion. If the appetite for meats is impaired, drop the milk for a time, as the meat is the greater blood-builder and strength-giver, as well as more easily digested. Little medicine is required, and it should be given as symptoms indicate. A tonic for aiding digestion and strength is good ; cod liver oil, if it can be taken, or a little olive oil after meals gives nourishment and the required nerve food. If there is danger of hæmorrhage, the free use of salt, and drugs indicated, or if severe, morphia. The patient should take his meals alone and should be so enthusiastic in the work that nothing could make him doubtful or easily depressed.

In the building up of health one must often pray to be delivered from his friends, who with well meant, but mistaken, sympathy and love do not encourage one, but repeat all the depressing features of the case, when the patient may be too sensitive to throw off or to combat its influence or discuss theories.

TO THE PATIENT.

I would say from personal experience, do not listen to any remarks about yourself or your treatment. Don't be talked over at all, but let all brightness be welcomed. Try to eat the beefsteak cheerfully, and wait patiently for the day when you will feel the glow

of returning health. Never deviate from this straight and narrow path that leads to health and peace, that is the reward of the faithful, for if this treatment is wisely followed under the care of a physician who understands it thoroughly, consumption, even in the last stages is curable. This I know from my own case as well as from many others I could cite. While not desiring to enter into personalities, information would be gladly given.

Bathing to be beneficial in consumption should consist of a sponging of the entire body morning and night with warm water, to which enough aqua ammonia is added to give a pleasant odor. This bath to be followed by a brisk rubbing with a coarse towel, leaving the body in a glow. Avoid, however, any friction over lung surface. Avoid any chill during bath and do not allow more than ten minutes for the whole process.

When stronger, a soap and water bath may be taken in the bath tub, taking care to limit the stay in tub to five minutes. Alcohol and quinine are both invigorating and allay the feverish condition. The proportion being thirty grains of quinine sulphate to one pint of pure alcohol. Cocoa butter, or sweet almond oil applied over the body daily, nourishes and feeds the tissues.

Wear light woolen clothing throughout. Wool, light and elastic enough to protect from chill, but not so closely woven as to prevent free ventilation or the free escape of the emanations of the body. All clothing worn during the day should be changed for that thoroughly aired for the night.

Patients who are strong enough should spend much time in the open air and sunshine. Even in cold weather, if well protected by warm suitable clothing, this should become the habit, for the air is rich in oxygen, and more invigorating. Always observe proper precaution against draughts, chills or unnecessary exposure. Let plenty of fresh air be admitted to the sleeping rooms, without draught of course, for the air in rooms occupied by persons in health becomes foul quickly if there is no exchange of fresh for the poisonous air, so keep a constant supply of fresh air, night as well as day, so that at least eight hours restful sleep may be had. This cannot be obtained in overheated sleeping rooms. The patient should never sleep in the room with another person, as slight movements often disturb a night's rest. Avoid dusty and damp places, and impure air everywhere, in theatre, church, in fact, any crowded place is unfit for a consumptive. Out-of-door exercise is most beneficial, and as much as the strength of the patient will allow

without fatigue should be taken, always stopping before weary. If too weak to walk, a ride daily, morning and afternoon, is strongly advised. Breathe slowly and deeply without too great effort, taking in as much oxygen as possible. As strength returns exercise will be taken without a thought of weariness. Duration of the treatment depends upon the stage and condition of the patient, and the faithfulness to all details. Always remember nature's laws are slow and sure and the results if well followed are unfailing.

ABNORMAL GROWTHS.

The scope of this little work will not admit of an exhaustive treatise upon these diseases, nor is it my desire to more than point out the truths I have learned from experience, and have followed successfully. Although these methods are slower, they are certain, for not alone is the local trouble removed, but the system is put into such condition, it can resist a return of the trouble. A return of the tumor is exceedingly rare, when right living is followed for some time after the tumor has disappeared. This does not mean that a mixed diet can never be taken again. I regard the lean-meat diet as a medicine for these classes of disease, and to be taken as such, wisely until results desired are reached ; then drop it slowly and carefully until one can take a simple diet without trouble. All drugs have their uses as aids in the restoration of health. So have diets, and it is the duty of the physician to avoid having any system or manner of treatment to degenerate into a fad, or to be used indiscriminately. Long-continued living upon foods that have lost their power to build up health, fills the system with poisonous gases emanating from these partially-digested foods, and causes

a partial clogging or semi-paralysis of the parts, especially of the vaso-motor nerves controlling the circulatory system ; this in turn produces a dilated condition of the blood vessels, or causes a stasis, whereby the nutrition is perverted to the connective and fibrous tissues, and a thickening or excessive development of the gland cells, organs or tissues, takes place. The weakest, most exposed, overused parts, or where some injury, even slight, has occurred, are first affected, and being so over-fed, growths follow rapidly, and we find the various tumors following. Wherever these growths may be, whether ovarian, fatty or fibroid tumors, or cancers, a similar line of treatment is necessary, because they result from similar causes, namely, injury or abnormal feeding. The large growths, of course, require longer treatment, but much the same diet, as laid down for consumption, only more rigid is used. It is wise to substitute for the beefsteak, at least twice a day, the muscle pulp of beef from which the fibre has been removed, as the work is done better and quicker. All tumors should be gently and firmly rubbed for twenty or thirty minutes once or twice a day to stimulate and give life to the parts. This should be done under the direction of the physician, by a nurse, or some unselfish, congenial person, whose desire is to do good, then it will

benefit, otherwise it will harm the patient. Do not impatiently note the time required to extirpate these growths, but cheerfully do your share of the work and hopefully await nature's sure process of repair. Tumors of years growths, weighing from twenty to fifty pounds, have been entirely removed by this treatment, and after years the patient has vouched for the complete removal, for there were no signs of a return.

Cancers, though no longer regarded as hereditary, are possibly the most dreaded of all chronic diseases. Operations alleviating for a time are not considered permanent cures, for if the trouble does not return in the old form, it reappears in some other, equally fatal. In looking closely into the cause of many cases, if you can reach deeply enough into the inner life of the patient, you will find a history of repression, a silent bearing of some grief or sacrifice, varying of course in form, yet so well concealed that it escapes notice, but is none the less fatal. For all action has its effect, and this repression of the emotions seems a dynamic force that aids largely in the production of these peculiar forms of disease, finding a field ripe for its rapid growth from the manner of living indulged in by the patient for years, being mainly a vegetable diet on which cancers thrive best, their growth being more rapid during the season of vegetation. To cure, a

radical change must be made, and all morbid appetites controlled, then the sharp lancinating pains, depressions, and aggravation caused by atmospheric changes, the marked cachexia and the tumor will decrease, until all signs of the trouble will disappear. I have watched and cared for patients in these cases, so know the truth herein stated. There is usually a loss of flesh at first, but later, as the system becomes normal in action, the repair exceeds the waste, the muscular development replacing the adipose tissue, a clear complexion, good appetite, and the glow of healthy color returns. This course of treatment must be adhered to faithfully and persistently in such grave trouble, until the growths disappear, pains gone, and all abnormal cravings conquered. Then a gradual return to a diet which must still be largely of meats, can be taken with safety. If the strict diet is too soon discontinued, and a return of growth is feared, which rarely occurs, come back to the strict diet until the cure is perfect. Do not think that this diet must be continued for life, for no matter how beneficial any diet may prove for a medicine, a mixed diet is the normal one, and no other should be continued so long as to render the stomach and bowels unfit to digest a sensible mixed diet when health is restored. Little medicine beside tonics is needed. Symptoms should be treated

as they arise. The bowels should move daily. The evacuations will be black and tarry for months, due to the slimy condition of the mucous membrane of the whole digestive tract, and the elimination of waste material washed down by the hot water. If the patient has much flatulence, aromatic spirits of ammonia can be added to the drinking water. As a stimulant a small cup of coffee may be taken in the morning before breakfast, if the patient feels exhausted. This weakness comes largely from the loss of alcoholic stimulant derived from the fermentation taking place in the system, and is not long felt or usually alarming. Short rides in the carriage daily are good. Limit all exercise at first to avoid any undue waste of vital force needed to build up the weakened system and gain a store for future demands. Do your work cheerfully, inspirationally, that the cure may be more rapid.

LOCOMOTOR ATAXIA.

In Locomotor Ataxia long continued mal-assimilation causes the same train of results and leads to a thickening of the nerve sheaths. When these thickenings occur in the spinal cord we meet with locomotor ataxia, and sclerotic conditions. If in the brain, melancholia, paresis, or insanity often results. As in all other chronic diseases one must strike at the cause before a permanent cure can be made. These causes are not the outcome of a few transgressions of physical law, but of oft-repeated and long-continued deviations from normal and healthy alimentation, often combined with great mental strain, which aids all diseased conditions. All these habits must be broken up; the deteriorated blood must be changed for pure blood, which alone can carry life to all parts of the body and build up the entire structure. This result can only be obtained by removing all sustenance that not assimilating engenders poisonous gases, which in turn produce these paralytic states. When downward peristalsis becomes normal the vital forces are not wasted and the patient feels the glow of health all over the body, for then the vital energy is acting to build up normally, not diverted to resist the

attacks of the invading disease germs. And these abnormal nervous troubles, so hard to control, gradually disappear. I have watched these diseases with the greatest interest, and have marvelled at the effect this simple treatment has upon them. One case came from the hands of a celebrated specialist of Europe, who had pronounced the patient incurable. It was my good fortune to watch the patient through to perfect cure, under the care of a New York specialist. The patient was helpless, unable to lie down for months; the left leg though slightly movable was dead to all sensation even when a needle was thrust into the flesh. The right leg was utterly immovable, not even a muscle being under the control of the patient. The sharp lancinating pains, girdle sensation, lost reflexes, and all the marked symptoms were present. The heart was so semiparalyzed by carbonic gas that moving the patient was a slow and painful as well as a dangerous task. A treatment similar to that of other chronic diseases was prescribed. Hot water was freely imbibed at regular intervals. Six ounces of beefsteak was taken for each meal, with a cup of clear coffee. No other food was allowed for months. A hot bath of from five to ten minutes duration was given twice a day. Massage was applied gently, but thoroughly, twice or

three times daily. Medicinal treatment consisted of tonics for strength and to aid digestion, heart stimulants, and palliatives to make her comfortable. Laxatives were given every night, also a digestive tablet after meals were given. From a condition of great suffering, including insomnia, and the inability to move out of a sitting position, day or night, after a few weeks the pains lessened; sleep returned; alarming heart symptoms abated, and the patient could lie down in comfort for the first time in over a year. After six months the patient was allowed to walk a little for the first time during the treatment. Within two years a walk of three or four miles could be taken without much fatigue. From a frail, suffering, emaciated invalid the patient made a gain of forty pounds on the strict diet, and became the picture of health and strength. After a number of years there has been no return of the disease. Other cases could be named, but space will not permit.

In brain troubles many good results are reached. Caution is always needed to see that the treatment is used wisely. Always maintain the strength of the patient to a certain degree so that the system can resist any accidental attacks from cold, biliousness or shock. And as soon as the condition will permit a gradual return to a variety of meats at first, and later

.

simple food that causes no relapse is strongly advised. Thus will be avoided the acquiring false habits of diet or the reducing to a fad of a most excellent treatment.

BRIGHT'S DISEASE AND DIABETES.

When we realize that so many diseases originate in the same cause of improper and over eating we wonder if people understand why the process of eating is necessary at all when it causes so much pain and trouble; why nature, so full of resources, did not devise some other method of sustenance for the human organism. Yet when we study her indications they point to the solution of these thoughts, and her methods seem clearer. Then is recognized the law, that the process of eating, beside its necessary function of sustaining life, holds a deeper one; that inasmuch as the lower kingdom is sacrificed to sustain the higher for its advancement through its cycle, so in turn the higher utilizes and raises the lower kingdom in the process of evolution. Nature demands only the needed supply of material for her work, on all planes. There is never waste. An over supply hinders. This example, man, with restless craving, does not follow, and hence the disturbance of natural physical law which will exist until we learn just the amount and kind of material needed for the working of the great mechanism of the body. In the much dreaded Bright's Disease the first stage is a partial paralysis which

causes a stasis or blocking up of the capillaries of the kidneys, and as in hypertrophy or fatty disease of heart, liver and spleen, Nature acting upon the defensive, deposits fat to protect the organ. This in turn blocks up the uniferous or secreting tubules preventing the proper secretion of urine until albumen, and casts make their appearance. Usually too little fluids are taken to keep the tubes well washed out. This defect together with the constant presence of fermentation which impairs the blood, and thus feeds the disease instead of nourishing the system, increases the amount of albumen in the urine. This disease is not a consumption of the kidney but a paralysis and fatty condition. The different varieties are simply different stages of the same disease. When the tubules are largely infiltrated with fat, the cells cease to secrete the urine and uræmia or uræmic poisoning results.

TREATMENT.

Hot water should be taken at regular intervals four times a day one to two hours before meals and before retiring, commencing with one-half pint, increasing to a pint or more if needed to wash out the albumen and yeast products. When the long continued pressure upon the capillaries is removed by the absence of fermentation and gases, Nature begins to restore the

functional activity of the kidney, the albumen grows less in amount, and the improved condition of the whole blood stream repairs the tissues. Diet should be ordinarily of pulp of beef, made into cakes and properly broiled or broiled beefsteaks. For variety, broiled game, oysters, sweetbreads, or tripe may be taken. All other kind of food must be absolutely avoided for a time. This rigid diet must be kept up until all traces of albumen disappear, and the urine is standing at a density of 1010-1015. When these results are reached a little toast, well boiled rice, and celery may be added one at a time, with care, to the diet. If a return of albumen occurs come straight down to the rigid diet again until no trace of albumen is found for some weeks. Continue with care this diet so long that no departure from it will cause a return of albumen. Baths, clothing, and exercise should be followed by rule laid down in chapter on Consumption. Tonic and medicine should be given by a competent physician who knows the treatment and knows how to meet emergencies as they arise, by all the latest and best methods.

In Diabetes the liver and pancreas is involved. The liver is over active, making more animal sugar than required for bodily wants. This excess must be eliminated and the work falls on the kidneys mainly. The

cure is accomplished by using lean meats, taking away other food that makes sugar, which include vegetables, fat and fruits. All stimulating drinks must be avoided. Drink the hot water as prescribed for Bright's disease. Take also one-half pint of beef tea made from Johnson's or Armour's Fluid Extract of Beef with each meal or the same amount between meals. Round steak makes an extract by placing pieces cut in small squares in a large bottle or can, tightly corked, with no water added. Then place the bottle in a kettle of tepid water, allowing it to boil until juice in meat is extracted. Add a little salt, and give to patient half way between meals. A wine glass three times a day if relished makes a pleasant change from Johnson's extract. The rigid diet laid down for Bright's disease should be followed here until the urine contains no trace of sugar. Then a little vegetable food may be added. Keep up this line of diet for six months before trying fruits or sweets. During this treatment take no food not prescribed, for any transgression tells injuriously and is seen at once by a careful physician. A cure may often be prevented by these little deviations, and faithful work is essential to complete recovery. Baths, clothing and exercise as before given.

RHEUMATISM AND GOUT.

Among the various pathological states produced by abnormal conditions of the blood cells, rheumatism and gout are prominent. The poisonous materials accumulating are largely due to mal-assimilation, these poisons usually attacking the fibrous, serous, and muscular texture. Microscopic examination of the blood reveals a network of fibrin filaments which so clot the blood as to prevent a free passage of the corpuscles and elements, thus making a sticky sluggish mass containing filaments of fibrin, minute vegetation, granules and crystals of insoluble substances not found in healthy blood. These pathological states can be diagnosed weeks before the patient realizes any symptoms pointing to rheumatic trouble, and by this early test severe suffering and serious consequences can be arrested. In all rheumatic conditions there seems to be stiffness and want of elasticity of the whole muscular system, which is due to the great tendency of the connective tissue as well as the fibrin elements of the whole body to keep up a tonic contraction, which probably extends to the walls of all hollow vessels both of blood and the digestive tract. This, no doubt, explains the cause of the great

sensitiveness to atmospheric changes observed by rheumatic and neuralgic patients often before the barometer gives warning. This tonic contraction of the fibrous tissue is due to the presence of fermenting foods in the digestive tract, producing acid conditions which in turn produce a partial clotting of the blood stream, decreasing the calibre of the blood vessels so that the thickened, ropy blood cannot pass freely through, and congestion and inflammation result. There are several varieties given by different medical authorities, but all varieties are primarily produced by too long living upon indigestible foods, whereby acid and alcoholic yeast products are generated. Even rigid teetotallers not seldom, though unconsciously, convert their bodies into alembics for the making of alcohol. In one class of rheumatism there is congestion in the unyielding tissue of joints and fibrous membranes, followed by inflammation of a specific character due to the presence of lactic or lithic acid, and minute algoid vegetation. In phosphatic rheumatism we find a greater tendency to periosteal congestion and inflammation. There is also more liability to assume a chronic form than in lactic and lithic. Oxalic rheumatism results from a clogging of the capillary vessels with masses of granules and crystals of the oxalates of lime, little emboli of fibrin,

spores, and filaments. Cystenic may be found where the food contains an over amount of sulphur. Gout is so closely allied to rheumatic conditions that the same course of treatment effects a cure readily, and the removal of rich foods from the dietary is of great value.

TREATMENT.

The first duty is to remove the cause which is found in the excessive, long-continued use of vegetable, farinaceous and saccharine foods. Rules for drinking hot water as a means of purifying the system are given elsewhere. Put the patient upon a lean meat diet, the white of eggs and a cup of clear coffee or tea, and at first a small piece of dry toast.

The remedy should be directed to eliminate the inorganic substance and give relief. Medication should be given as symptoms indicate. Locally in acute forms, where the joints are swollen, red and painful, put the limb at rest, wrap with cotton wool. Electricity may benefit. In chronic form you find the joint, pale, cold and semi-paralyzed. Massage is useful, but electricity is best omitted. Cases where the patients were almost helpless become comfortable after a few weeks treatment, and entirely cured after months of faithful work. All patients must remember that it is by our daily work we are judged, and that the reward of true effort is success.

OBESITY.

That a certain amount of adipose tissue is necessary for health and beauty is a fact recognized by all, and only when it becomes greatly in excess does it betoken that it no longer is a normal condition, but should be considered and treated as a disease. For the unnecessary amount of fat impedes respiration, and circulation as well as locomotion, and we often hear those afflicted exclaim "What shall we do to get thin?" The causes of course vary somewhat, but primarily we find that while some parts of the body are overfed, others are lacking in nutrition and development. The vital functions are deranged by the kind and amount of food taken into the system, excessive eating of saccharine and starchy foods, with little or no food to feed the muscular tissue, too little exercise together with these must soon tend to the accumulation of fatty tissue, with a loss of oxygenated blood and muscular tissue. Alcoholic and effervescent drinks are also good factors in the making of adipose. Care should be taken not to let this morbid increase go on unchecked, but at once find some cure, before the vital organs become infiltrated with, and buried in fat, for this is dangerous interference with both the

function and nutrition of the body. Many methods are used, in various ways. Many drugs are resorted to which, while destroying fatty tissues, do much injury to the mucous membrane of the alimentary canal. There seems but one common-sense rule of supplying just what the body needs for healthy assimilation and functional activity. Too often our appetites are so depraved that we do not pause to see what slaves we are to them, or possibly we seeing are not brave enough to overcome them. Let us change our habits and come down to simple living and not depend too much upon drugs to cover and palliate our transgressions, but bravely do our own living as well as our own thinking. To reduce the surplus fat, avoid all sweets, starchy foods, alcohol, and an excess of vegetable food and fruits. Take hot water freely four times a day before meals as well as before retiring, to stimulate to healthful action all the glands of the alimentary canal. Let the diet consist of lean meats; namely, broiled beefsteaks, lamb chops, free from fat, roast beef and roast mutton, chicken, turkey, and game, oysters and fish, celery, lettuce and water cress, with a small piece of dried toast morning and noon to complete the list. No drinks of any kind with the meal. One cup of coffee after the meal is permissible. Take no other food than the above. This will

cause a healthy loss of flesh, for in this way we replace the adipose for muscular tissue. This loss should not exceed ten pounds a month, for too sudden a loss is not advisable. Massage should be given daily that the circulation be increased, also to cause the skin to decrease with the flesh, thus avoiding that wrinkled, flabby appearance so trying and unnecessary. When the desired decrease in weight and bulk is reached, which should be about the fifteenth part of the weight of the body, increase the fat forming foods carefully to just that sufficient to maintain the proper weight of the body. Exercise daily in the open air. Commence gradually and increase until a long walk causes no fatigue. Avoid overdoing any kind of exercise, yet it must be taken. Sleep at regular hours. A cold bath twice a day followed by a thorough rub is beneficial where the patient is strong enough to bear it without shock or chill. This course of treatment you will find safe. Self-denial is needed, but the reward is gained in the perfect form, renewed youth and general comfort experienced.

WOMEN'S DISEASES.

We hear much about the coming woman, her larger field of action, her duties and her privileges in this era of new century force that promises so much advancement of the whole race. Will woman, the spiritual element so needed in this work both in home and state, be better fitted physically and mentally; better trained to perform these duties than the present generation? This is an important question, and in its wise solution and remedy lies the comfort and content of the world. In order to meet the many demands upon her strength of heart, brain, and hand, to occupy adequately her peculiar field, she must learn the body is the instrument of such wonderful mechanism that little can be accomplished if it is not kept in perfect order to respond to every call. She must learn to live a simple, natural life, not one of externals, and then learn never to waste thought and force, even upon actual troubles that time alone can adjust, but only retaining the lesson each experience of life brings to teach us all the true way to live. She must consider how to keep health in the highest degree, and learn to regain it when lost. For health is a necessity in the economy of life. Where it reigns will exist less

suffering and more happy homes, stronger and better children. Then will woman's divine mission be fulfilled in all her relations to mankind who so need her spiritual intuitions in every phase of life. In the sacred precinct of her own family will she reign, the loving comrade and mother of the household, and the mentor and true companion of husband and children. So much pain and suffering is due to repeated, and long continued violation of nature's laws, that oft-times it is difficult to know the cause ; where to stop the waste and commence the work of repair. Often ignorance and carelessness lay the foundation of future pain. The wise imparting of real knowledge, the sacred truth of coming womanhood, given at the right period by a loving, judicious mother to her daughter, is not only justice, but a sacred duty not to be put aside. Who is so well fitted as a mother to wisely guide and guard the young, innocent mind and body through darkness to light, and the wisdom of womanhood with its divine mission? This is too often omitted, from false hesitancy to bring too soon the duties of life upon the young. But "forewarned is forearmed," and when the citadel of womanly reserve is trained and guarded in the sacred love and counsel of a true mother, less physical as well as less moral disease, will exist. In time we shall learn to assimilate

late the fact that ignorance is not innocence, and that pure knowledge early acquired from the right source, will become an anchor of strength in the future trials and temptations of life. If women would add to their knowledge of physical culture and physiology that of diet it would be a source of greater health and beauty. If they would live upon such foods as are most easily digested and give at the same time the most nourishment and help to keep the stomach clean, they would never allow constipation to become a habit through neglect, but see that the bowels move daily, thus establishing the downward peristalsis ; they would prevent flatulence and gases pressing upon nerve centres, which by direct or reflex action produce pain, headache, backache and the other nervous derangements, from which so many women suffer, which are signals of graver trouble later. Relieve the distended condition of the bowels ; the undue weight and falling, that pressing upon the sensitive organs below, is so often the primary cause of various displacements, ovaritis, leucorrhœa, congestion and inflammations, with functional derangement of the nerve centres. When the causes are removed the muscles and ligaments become strong to do their work and artificial aids are not needed.

Women's diseases yield readily to this treatment

and if it were more carefully followed there would be less suffering, and fewer operations would be needed. Then would be proven that nature made no mistakes, and that every organ was created to perform such an important part in the human organism that none is useless, and that removal is never justified until every means the best skill can devise has failed, then only should any operation be resorted to.

Change the blood condition, not by drugs alone, but by food rich in nutriment to build up blood tissue, that it may carry new vitality and healing to every part of the body. Dress warmly, with as little weight of clothing as possible. Wear thick soled shoes to protect from sudden chill. Take much exercise daily in the open air, avoid extremes, or too great fatigue. Commence slowly if delicate, and increase a little each day, always with enthusiasm, not half heartedly as the routine that must some way be gotten through with. Avoid all sweets, pastries, and rich food. Make your diet more than twice its amount of lean meats, with little if any vegetable food or fruits until conditions will allow without fermentative process. It is best to give soda water, ice cream, and all stimulants a wide berth. If constipated, great benefit is gained by massage, or a rubbing of the bowels night and morning, commencing on the right side and rub-

bing up and around, thus stimulating the muscles of the colon. Woman from her more largely developed sympathetic nervous system, requires much rest, which should be taken before or after meals. Not by lying down to rest with a book or paper in hand, or troublesome plans or worries in mind—but by going into a cool, quiet room, and shutting out all care, give the tired nerves a chance to rest. Lying on a hard mattress or the floor without a pillow, for a few moments, will quiet the tired nerves more than an opiate. Do not worry whatever comes, it will not alter affairs, and you waste vitality that should be directed to other uses, and leaves one exhausted when the moment for action arrives. Laugh and be merry, for we then give a ray of sunshine to others. We often intensify our troubles by our fears. Weigh well the responsibility resting upon you, and fit yourself to meet the great problem of life with healthy body and healthy mind that the race may be benefited and made more noble by your living.

MOTHERHOOD.

If women live healthful lives, keeping the bodily functions at their normal state of perfect equilibrium, free from fear and mental depression, when motherhood approaches, there would be little dread, but happiness that a child was given, a trust from God; and in the physical and mental creation, pleasure that they had become part creator in this wonderful work, and perfectly attuned instruments for this sacred duty. The pain of childbirth would be less, for when the normal peristalsic action is perfect the muscles of the uterus contract from above downward, and the process of maternity is accomplished with few pains, and little danger of hæmorrhage or abnormal conditions. The child will be strong and equipped at the outset of life with a constitution able to resist the fatalities of babyhood, which is rarely the inheritance of those whose mothers during the period of gestation live on fruits or vegetables entirely and refrain from all animal foods, as is often advised. The diet of pregnancy should be of lean beef, mutton, chicken, game, with fish in moderation. Toast, cracked wheat or boiled rice, green peas fresh from the vine, tomatoes and celery, may be partaken of cautiously.

Avoid any of these vegetables if found to produce flatulence, and live on the meats with the white of eggs till the stomach can digest more than meat. About one pint of hot water should be taken before meals as well as before retiring, to remove any undigested food and promote healthy downward action in the muscles and nerves of organic life, thus correcting nausea and abnormal cravings. Rest should be taken daily, lying down to rest in a cool room, giving perfect relaxation to body and mind. Banish all anxiety, depressing thoughts and fears, but cultivate instead peaceful thoughts and happy contentment, for the mental attitude of the mother moulds the child. Avoid all tight clothing and excitement. Get out daily in the fresh air and sunshine, interest yourself in the welfare of others, that your own may become broader. Live as near nature as possible, that your children will be happy models of loveliness and will rise up to call you blessed. After childbirth the mother should continue her substantial health-giving diet during lactation, as her milk can best nourish and feed her child, saving it from colic and other troubles, making it a delight to parent and friend.

HINTS TO PARENTS.

If the coming generation would become strong physically as well as mentally fitted for the battle of life, with its golden opportunities ushered in with a spiritual force greater than for ages past, there must be taught a more simple, rational way of living, a better understanding of nature's laws, of cause and effect (which prevail upon the physical as on all other planes), and that any violation of this law of harmony that normally exists throughout the various organs and mechanism of the body produces disease and pain that can only be avoided when we learn to adjust our lives to this law. Effects may be palliated, but our real field of action lies in the realm of causes, and is largely within our control. To teach these old truths in a new acceptable form we must begin with the children, who as workers of the future should come untrammelled upon the stage of life, free from the evils that should have been unknown. For often the so-called inherited tendencies are the outcome of environments and influences that had their origin in the thoughts and hearts of their parents. The effects are seen in the moral dwarf as well as in the nervous, delicate youths and maidens of our land. Let it then

be the parents first desire and duty to remove all obstacles that might mar, and make instead conditions, both mentally and physically, most favorable for the child's purest and fullest development.

CARE OF INFANTS.

When a child is born it should be gently and quickly washed in oil or warm water. Give much care to the eyes lest through neglect later troubles develop. The child should be dressed in soft warm flannel, wrapped warmly to avoid a chill, and put to the breast as soon as possible, as the first milk is what the child requires. Any sensible style of dress can be used. The Marguerite is highly recommended as being simplest. It consists of a medium length skirt of soft flannel or lawn with long sleeves and high neck, very easily adjusted as it buttons down the front as do also the flannel and cambric skirt, and slips, which are made with yokes, having all weight suspended from the shoulders. Soft hose complete the outfit. The night-clothing is similar and all clothing worn during the day should be changed to well-aired for the night. Avoid long heavily trimmed skirts and dresses which interfere with the free movements of the limbs and cripple the child. Baths should be given morning and evening at a temperature of about 95°. Place the child in the bath tub for five or ten minutes, then wrap in soft flannel blanket while drying, the nurse also wearing a woolen apron. At night the

bath can be a warm sponge, quickly given, followed with a rubbing all over body and limbs. If a child is very delicate a sponge bath may take the place of the tub bath, followed by gentle massage all over the body with olive oil or cocoa butter—to give nourishment. Omit the bath at night and give the massage and oil rub instead. If an infant gets fretful and tired during the day, loosen its clothing. Gently stroking the spine downward from the head soothes and rests the infant greatly, often putting to sleep. Never give a young babe sugar and water, or anything, unless a little warm water to moisten the mouth, until the mother's supply of milk is established. For often a child is not a day old before it is over or unnaturally fed, hence cultivating in infancy abnormal cravings which indulged in during the years of growth cause an imperfect development of the body. Nurse the child every three hours, not oftener, giving only as much as can be well digested, which is shown by the restfulness of the babe, its freedom from flatulence and colic pains. For often the crying of infants comes from too much instead of too little food. Do not put a young babe in an upright position after feeding. Above all refrain from all undue handling, fondling and the exhibition to fond friends. Sleep and rest are its greatest needs. No food but the mother's milk

should be given until the appearance of the front or meat teeth, then beef juice may be added, while later beef pulp may be added in small quantities, increasing the amount when able to masticate. When the double teeth make their appearance then only should a little cereal or vegetable food be added to the previous diet of milk and beef juice. Great care being taken to give these fermentable foods in only such proportions as to cause no fermentation, flatulence or colic. It is a mistake to feed these delicate organisms upon a variety of foods—as the number of meat teeth predominate, while the stomach, the largest organ of the digestive canal—digest meats and the casein of milk—leaving to the small bowel with their secretions of pancreas and the glands of Luberkuhn, the digestion of vegetables and fats. Nature's indications are plain, and if followed would decrease the danger of dentition, marasmus, cholera infantum and other diseases arising from indigestion and mal-assimilation. If the mother is unable to nurse her child, cow's or goat's milk can be substituted, and in this case care should be observed that no green vegetables or slop are fed to the animal. If the milk then disagrees, change until you find an animal whose milk meets the requirements. Baby foods as a rule should be avoided, if possible. When used should be given with the greatest caution.

Weaning from the mother's milk should take place when the child is from twelve to fifteen months old or earlier if from any cause the milk becomes poor in nutritive elements. After weaning cow's milk should be given, and when possible warm with the animal heat, as it is then more quickly digested. Never give cold milk. Babies sleep most of the time for the first month; later regular hours must be observed both morning and afternoon. After the evening bath if a child is placed in a quiet, well ventilated room, free from noise, its rest should be unbroken for hours, and on no account let it be disturbed or the regularity of its rest be broken.

CHILDHOOD.

By the time a child is three years old its food should be largely of meats and the other foods of a simple character, thoroughly well cooked. Pastries, sweets, crackers and oatmeal (the two latter given in limited portions) should not enter into the dietary of children of any age. Cracked wheat, boiled rice and hominy may be taken when thoroughly cooked, which requires from two to four hours. Fruit should never be given young children, and to older ones, only after breakfast or lunch. The constant feeding between meals so often indulged in should not be allowed. Regularity, like other virtues, should be early inculcated, that it may become a corner-stone in the foundation of character. Meals should be given at regular hours, seven in the morning, twelve at noon, and six in the evening makes a good division. Children should take their meals alone or away from the family table, thus avoiding the temptation of unsuitable food while too young to find self-denial easy. If a child refuses food do not pamper it with sweets but wait until the appetite for suitable food returns, always maintaining as far as possible the proportion of two parts meat to one of other food. A child should early be

taught to take warm water freely and children of two or three years will take a cupful with their mothers, and ask for it if forgotten. Sleep and rest are needed during the day that the active child may not become too tired or over nervous. All children best retire at seven or eight o'clock and rise at six or seven, ready for the morning bath and breakfast. Place your children in a dimly lighted room to sleep. Never allow them to sleep with parents or nurse, or even with each other, that their sleep may be peaceful and complete, unbroken by the near presence or the moving of another person. Let there be no over crowding of the little brain. Every child should be allowed to grow naturally. If those having these little ones under their care would study their little ways, listen to their little innocent prattle, even if we do not quite understand whence comes their wise little questions and conclusions, often on deeper subjects than we know ; not try to train their thought, only give wise care that there be no warping into our beaten grooves of thought, there would be wiser little men and women later on ; as now we ought to have a healthy, happy infancy and childhood. " A little child shall lead them " has a deeper truth than we appreciate, and the parents who can guide and adjust these little souls to meet their fullest requirement and needs, are wise in-

deed. In marasmus beside the great care of food given above there should be daily salt baths followed by a rubbing of the body and limbs with cocoa butter, which is absorbed into the system in a greater or less degree as nourishment. Strong drugs better be let alone. Only such medication as makes up the deficiency of the impaired nutrition is required. All the calcareous salts are good. Dress in flannel throughout the year. Allow no excitement of mind or over exercise of body. Give plenty of pure air and sunshine in rooms, as well as while out of doors. The greatest benefit is thus gained and little else will be needed. Scrofulous troubles, hip joint and spinal trouble have been permanently cured. Cases where children have been helpless and crippled, and obliged to wear braces and move with a crutch, after a year of this treatment have been able to throw away these artificial aids, and are to-day strong and vigorous.

BOYHOOD AND GIRLHOOD.

This important period in the lives of our young folk requires the greatest care and judgment, that while the mental faculties are developing and being trained the physical system is so built up and sustained, that the pale nervous children will be unknown and the coming generation not, as has been truthfully and wittily said, "a generation of heads," but instead one of brain and heart working in unison in a body so strong, well developed, and beautiful with the vigor of health, purity of thought and unselfishness, that shall make the next race one equipped with trained ability and compassionate hearts, who will transmute their ideals into practical work for others, with bodies strong enough to meet all the large demand upon them. A great advance has already been made upon the former idea of restricting the exercise of our girls, for now many girls share the athletic sports of their brothers. To those who have not yet broken away from the older methods, and tried the experiment of out-door exercise, let me urge upon them the necessity of plenty of out-door living and exercise. Not a constitutional with teacher or nurse, but a walk, a ride, or a romp that will be inspirational and that will bring one nearer

to nature's heart, that will leave the blood alive with oxygen, the face aglow with color, and the heart attuned to higher ideals. Great care should be taken that all exercise be invigorating, not wearisome, then the poisonous air of the schoolroom, the overheated, badly ventilated atmosphere of our apartment can be better resisted. Mothers approve of such treatment for their boys, but the girls are too often hampered at the outset of life by restrictions and conventionalities that leave them imperfectly developed, if not physical dwarfs. Not altogether because of greater delicacy of organism, but because of environments, improper dress, and constant overcrowding of mental capacity, without the strength of body to meet these demands, leaving little time for building up the system that should receive even greater care for the coming strain of motherhood. When our sons and daughters are taught prudently and scientifically to understand the mechanism of their being ; the divine purpose of their creation ; that both physically and morally they must build up their bodies to their fullest perfection of healthy normal life ; that no morbid ideas or habits should be allowed a place ; that every transgression of perfect living and impure thought meet their sure and painful reward ; that nothing should mar the vehicle (body) through which the soul works, that alone in

this course lies peace, health and happiness, then there will be a marked advance physically, mentally and morally. Let no child study until after a breakfast, where lean meat forms the larger share, the other being some well cooked cereal, with fruit following. Keep up this proportion of food while the system is acquiring muscle and needs pure blood for building purposes. This with healthful exercise, fresh air and plenty of sleep at regular hours, will insure vigorous youths and maidens, with all abnormal cravings and habits unknown. This truth we glean from nature's lessons, and if we are wise we will rear our children after her health-giving laws, that there may be normal bodies fitted for the physical demand of life and a pure tabernacle for the indwelling of the divine.

HOW TO PREPARE STEAKS FOR INVALIDS.

These require great care ; for if not properly prepared they are hard, dry and very indigestible. The beef selected should be from freshly killed, well fattened cattle from four to six years old, care being taken that your dealer does not give you Western or long-killed beef. Select the upper centre cut of the round, both because it is most nutritious and to avoid the glue tissues near the bone. Dark or bright shiny red is not good. Be careful to choose a pale pink color ; you will find it more juicy and better. Cut out all the tendons, fascia, fat and strings ; cut into small pieces to better remove all waste, and then pass carefully through the Enterprise Chopper, No. 10 (old patent), as this separates the pulp from the fibre without cutting the fibre. Always keep the machine screw loose, and as often as the machine clogs remove the screw and plate, clean out the fibre and waste, replace and repeat the process until all the meat has been put through the machine. This process should be repeated three to five times, until all fibre has been removed and the pulp passes out of the machine in ribbon shape. Weigh the amount used, place upon a plate, and with a thin knife round it gently into shape

without pressure ; then lightly close the open spaces with the point of a knife to prevent the escape of juices while cooking. Make the cakes one inch thick. Great care must be taken not to press the meat, or it becomes like liver and thoroughly indigestible. Broil over a clear fire, using a fine wire oyster broiler, slightly oiled with suet. Cover broiler to facilitate an even broiling, observing the same care as with whole steaks, of frequent turning. Five to ten minutes ought to be sufficient for an eight-ounce cake ; when longer time is needed you can doubt the age and quality of the beef. When thoroughly cooked, not dried out, place on a hot plate, serve hot with salt and pepper. The meat should be prepared fresh for each meal, as it is indigestible from standing long before cooking.

When taking this diet, do not over-eat, but always finish your meal with a feeling that a few mouthfuls more could be taken with relish ; for you will find one ounce well digested of greater nutrition than two partially digested. I find, usually, patients can safely commence with a six-ounce cake for the first few days, and the increase must be gradual, as the stomach is not clean enough to perform its normal functions ; so it requires days and weeks of washing with the hot water before the meat is relished or digested perfectly.

EGGS.

Experience has taught me that the best way to prepare the eggs is to place the whites in an egg-cup, set the cup into a kettle of boiling water, placing the kettle where the temperature is kept at boiling heat, but not boiling. If care is taken they become soft and jelly-like, and can be digested by the most delicate stomach. One is always allowed plenty of salt and pepper.

TOAST.

In some cases toast is allowed for breakfast and lunch, but not for the evening meal. When allowed, the amount is limited, at first, to a thin slice three inches square, which is prepared by placing in an oven till thoroughly dried, and then lightly browned. French or Vienna bread is preferable.

FOR CONVALESCENTS.

SCALLOPED OYSTERS.

Put alternate layers of roasted bread crumbs and oysters till the dish is filled, with pepper and salt and a small piece of butter between each layer. To each quart add one gill of the oyster liquid and one gill of water. Bake about one-half hour.

BAKED CODFISH.

Freshen and shred two small cupfuls of codfish, and add one pint of bread crumbs roasted. Prepare as above.

CELERY SALAD.

To one pint of celery cut in small pieces, add the juice of two lemons and one or two tablespoonfuls of pure olive oil, according to taste. Stir well before pouring over celery. Add pepper and salt to taste.

MUSTARD DRESSING.

The juice of four lemons, one tablespoonful of Price's glycerine; add enough mustard to form a paste. Season with pepper and salt. A little powdered coffee, cloves or nutmeg may be added to flavor.

CODFISH.

Freshen a cup of salt codfish, let simmer for ten

minutes, pour off the water, and add the whites of six eggs ; return to the fire to set the eggs. Add pepper and butter. This can be served on the minced meat or on dry toast.

Chipped beef may take the place of codfish if preferred.

SAUCE FOR STEAKS.

One gill of boiling water, one teaspoonful of Worcestershire or Halford sauce. Add a small piece of butter. Serve hot on the steaks.

CHOPS.

Trim off all fat, wrap in buttered, white paper, and broil over a clear fire. Season with salt and pepper, and serve on hot plate.

CLEAR COFFEE.

Four teaspoonfuls of ground coffee for two persons, put into one pint of cold water. Add a piece of dried codfish skin the size of a five-cent piece. Let it boil well for five minutes.

OMELET.

The whites of two eggs beaten till very light, a tablespoonful of milk and a small piece of butter. Put chipped beef or cold ham through the chopper and add a layer alternately. Place in buttered saucepan over a hot fire, and when brown turn on a hot plate and serve at once,

RICE.

Wash thoroughly, soak for a while ; then put in a glazed, double boiler, well covered with water, and cook for three hours, or until jellied. Pour in a mould, if desired. When cold it can be cut and toasted brown.

PULLED BREAD.

Break in small pieces a loaf of fresh bread and dry in very slow oven till brittle and crisp ; heat up when wanted for use, with coffee, bouillon or chocolate.

CLAM BROTH.

Twelve large clams and juice for 1 pint ; boil 20 minutes, stand to settle—strain carefully in sauce pan, boil up once, season with butter, pepper and salt ; serve in cups alone or with whipped cream or toast.

CHICKEN SOUFFLE.

One pint cold chicken cut fine ; melt tablespoonful butter, add some flour and slowly 1 pint hot milk, stirring well, little chopped parsley, $\frac{1}{2}$ cup of bread crumbs, pepper and salt, chicken and yolks of 2 eggs—add beaten whites, put in buttered dish and bake in quick oven.

CHICKEN CUSTARD.

Half pint chicken broth, beat the yolks of three eggs, add little salt, and mix well. Cook in double

boiler till thickens like custard, serve in cups ; quite nutritious.

OYSTER TOAST.

Toast slices of bread. Wipe clean some large fine oysters, spread as many as you can on the toast, season with salt and pepper and plenty of bits of butter, put in oven till oysters curl and serve at once.

POTATO SURPRISE FOR AN INVALID.

Wash a smooth moderate size potato, cutting the small end partly off, leaving a hinge, scoop out part of the raw potato, fill with beef or lamb, with fat removed and chopped fine, and season ; tie on corner and bake till tender. When done, if too dry, pour on gravy of butter and a little flour.

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